

## Safe Disposal of SHARP Waste

A stick or poke from sharp waste can transmit serious diseases – like HIV/AIDS, hepatitis, and tetanus.



### OPTIONS:

**1** Ask your healthcare provider or pharmacist if you can return used needles, lancets and syringes for disposal.

**2** Use the mail service. Simply pick up a container, Place your sharps waste inside and use the included postage-paid envelope to mail it. The program is limited to three containers per year, per resident. You'll need to present proof of residency in Chula Vista, Imperial Beach or National City to the pharmacy staff to receive your FREE mail container. Participating pharmacies include:

- Costco
- Sharp Rees-Stealy
- Kmart
- Walgreens
- CVS
- Target
- Ralph's
- Vons
- Rite Aid
- Medical Center Pharmacy

**3** Dispose of your needles, lancets and syringes at the Household Hazardous Waste (HHW) Collection Facility for FREE. The facility is located at 1800 Maxwell Road in Chula Vista, and is open Wednesdays and Saturdays from 9 am to 1 pm. Sharps waste must be delivered in a puncture and shatter-proof container with a tight lid (i.e. detergent bottle or coffee, etc.)



California law prohibits the disposal of sharp waste, including needles, syringes and lancets in the trash or recycling containers.

For more information, visit [www.chulavistaca.gov/clean](http://www.chulavistaca.gov/clean) or call (619) 691-5122.

## Free Household HAZARDOUS Waste Disposal

Residents can dispose of household hazardous waste (household items labeled "Toxic" or "Hazardous") for FREE at the South Bay Regional Household Hazardous Waste Collection Facility located at 1800 Maxwell Road (see map) in Chula Vista. Bring a valid California Driver's license, I.D. or recent utility bill with your Chula Vista address.

Open Wednesdays and Saturdays, 9 am - 1 pm

### Acceptable materials include:

- Paint
- Pool Chemicals
- Florescent lights
- Cooking Oil
- Electronics
- Pesticides
- Photo Chemicals
- Household batteries
- Sharps/ Needles
- Fertilizers
- Motor Oil
- Fuels

### FOR YOUR PROTECTION:

- Make sure lids are on tight and place containers in a sturdy cardboard or plastic tub lined with two or more heavy duty plastic bags.

- Make certain that the load is placed securely in the back or in the trunk before traveling to the facility. Please drive safely.



The California Department of Transportation limits the quantity of household hazardous waste you can transport at one time to 15 gallons or 125 pounds per vehicle.

**NOTE:** FREE home pick-up of household hazardous waste may be arranged for the disabled or elderly by calling (619) 691-5122.

For disposal of business-generated hazardous waste, please call (619) 691-5122.

## PRESCRIPTION DRUG Take Back Day

Drop off your unused, or expired medicine —NO QUESTIONS ASKED!

**SATURDAY, APRIL 28**  
10 AM - 2 PM

Scripps Mercy Hospital, Chula Vista  
435 H Street

For more information or to find additional drop-off locations, visit [www.deadiversion.usdoj.gov/drug\\_disposal/takeback](http://www.deadiversion.usdoj.gov/drug_disposal/takeback)

Help prevent prescription drug abuse.

Rx Abuse Hotline:  
(877) 662-6384



MARCH 2012

Remember: April is Earth Month!



## Your Guide to CLEAN

[www.chulavistaca.gov/clean](http://www.chulavistaca.gov/clean)



AIR LAND WATER ENVIRONMENT



APRIL *is Earth Month!*

## Go Green & Clean Family Day

In partnership with **South Bay Family YMCA's Healthy Kids Day, Cycle EastLake, and Computers 2 SD Kids.**

**Saturday, April 28**  
**10am-2 pm**

Otay Ranch Town Center, 2015 Birch Rd.

Fun activities, giveaways, important environmental information, and an energy-efficient lighting exchange\*

### SDG&E® Lighting Exchange

\*Exchange up to 5 incandescent light bulbs per 12-month time frame. Bring valid CA ID and SDG&E bill.

This program is partially funded by California rate payers under the auspices of the California Public Utilities Commission. Visit [www.sdge.com/lighting](http://www.sdge.com/lighting) for details.

## Recycle and Help a Child Get a Computer!

Recycle your unwanted electronics for a good cause during the Go Green & Clean Family Day!

Computers 2 SD Kids ([www.c2sdk.org](http://www.c2sdk.org)) will collect electronics at no cost to you and use the proceeds to provide computers for low-income families in the South Bay.

Dispose of all working and nonworking computers/laptops (Apple and PC), monitors (any size), keyboards, mice, printers, copiers, fax/scanners, TVs, stereos, speakers, cell and land phones, VCR/DVD players, recorders, projectors, cords, software, hardware, ink/toner cartridges (new and used), etc.

No large appliances accepted.



### Happening Around Earth Month

## EVENTS:

**Saturdays: March 17, April 21, May 19, June 16 • 10 am - 1 pm**  
**Energy Efficiency Home Tour**  
590 Fig Ave., Chula Vista

**Thursdays: April 5, 12, 19, 26 and May 3, 10 • 6 - 8:30 pm**  
**Master Composter Training Course**  
Call 619-409-5900 for information

**Saturday, April 14 • 12 am - 3 pm**  
**Grand Opening of the Otay Ranch Branch of the Chula Vista Library**  
Otay Ranch Town Center  
2015 Birch Rd, Chula Vista

**Saturday, April 21 • 11 am - 3 pm**  
**Day of the Child Community Fair**  
Memorial Park  
Park Way and Third Ave.

**Sunday, April 22 • 10 am - 5pm**  
**Earth Fair**  
Balboa Park, San Diego

**Saturday, April 28 • 9 am - 12 pm**  
**Creek to Bay Cleanup**  
Chula Vista sites include Del Rey & Rice Canyons, and J Street Marina  
Call 619-291-0103 for more information

**Saturday, April 28 • 9 am - 4 pm**  
**Spring Garden Festival**  
Water Conservation Garden  
900 Rancho San Diego Pkwy,  
EL. Cajon

**Saturday, April 28 • 10 am - 2 pm**  
**Go Green & Clean Family Day and Lighting Exchange** (see left for more information)

**Saturday, April 28 • 10 am - 2 pm**  
**Prescription Drug Take Back Day**  
Scripps Mercy Hospital,  
Chula Vista  
435 H Street

**Saturday May 12 • 3 - 6 pm**  
**NatureScape-In-A-Box Workshop**

*\*includes Composting Workshop*  
South Bay Botanical Garden's Composting Site at the Southwestern College Campus  
900 Otay Lakes Rd  
Call 619-409-3893 for more information.

**Saturday, May 12 • 4:30 - 5:30pm**  
**Composting Workshop**  
Southwestern College Campus  
South Bay Botanical Garden's Composting Site  
900 Otay Lakes Rd.  
Call 619-476-2409 for more information

## ENERGY

### Suggested tips to save on your monthly bills:

- ENERGY STAR qualified appliances use 10-50% less energy and water than standard models.
- Compact fluorescent light (CFL) bulbs can save you \$40-50 over their lifetime.
- If every US home replaced just one light with an ENERGY STAR® efficient light, saved energy would light more than 3 million homes for a year.



## Free Assistance LOWERING Your Energy Bills

*The City of Chula Vista and San Diego Gas & Electric are partnering to help residents lower their energy costs, while making their homes more comfortable.*

For income-qualified households, the SDG&E Energy Savings Assistance Program may repair or provide new energy efficient doors, windows, insulation, weather stripping, and caulking to lower heating and cooling costs. If residents are eligible for the Energy Savings Assistance Program, they may also be eligible for up to 35% off their monthly bill through the CARE Program!

For all Chula Vista residents (regardless of income), there are rebates and 0%-interest loans available to upgrade their home's energy performance through the City's Home Upgrade, Carbon Downgrade Program. In addition to the improvements listed above, energy upgrades can also include appliances, water heaters, solar hot water systems, and "cool" roofs.

Contact the City's Conservation Section at 619-409-3893 or visit [www.chulavistaca.gov/clean](http://www.chulavistaca.gov/clean) for more information on these programs and other free services.

## ORGANICS

### Master Composter TRAINING COURSE

**THURSDAYS • 6 - 8:30 PM**  
**April 5, 12, 19, 26 and May 3, 10**

*Six-week hands-on training with instruction, lectures and discussions.*

After course graduation and 30 additional hours of community service, participants will be certified to teach others about composting at workshops or events!

Call (619) 409-5900 for more information or to reserve your space.



*Find out why  
Greens & Browns  
are as  
Good as Gold!*



## Composting Workshops

**SUNDAYS • 1 - 2 PM**  
**Chula Vista Nature Center**  
(E Street and Bay Blvd.)

**Call (619) 409-5900 to reserve your space!**

- Use your yard clippings as a resource
- Naturally achieve a beautiful, healthy yard and garden
- Reduce your use of synthetic pesticides and fertilizers

*Workshops include various composting and other sustainable resource practices. Call for this week's workshop topic.*